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WELCOME TO OUR "PAMPER YOUR PETS" & PRE-LABOR DAY ISSUE

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Whitney Point, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette. Here's some upcoming issues for you to look forward to!

August 29 - Fall Home Improvement, Fall is for Planting/Hunting & Labor Day Issue

Deadline 8/24

September 12 - Fall Bridal & The Cortland Area Tribune's 16th Anniversary Issue

Deadline 9/7

September 26 – Get Ready for Fall, Fall Antiques, Columbus Day & Fire Prevention Week (10/7-13) Issue

INCLUDES Distribution of the Fall/Winter Travel Guide! Deadline 9/21

October 10 - Fall/Winter Car Care & Pre-Halloween Issue

Deadline 10/5

October 24 - Restaurant Guide/Catering, Halloween & Pre-Thanksgiving Issue

Deadline 10/19

November 7 - Thanksgiving & Black Friday & Veterans Day Issue

Deadline 11/2

TRIVIA QUESTIONS

 $See if you {\it know the answer without looking it up! Answers in the back.}$

- 1. Normal adult dogs have how many teeth?
- 2. Which is the smallest dog breed?
- 3. What is a pack of kittens is called?
- 4. How long do larger parrots such as the macaws and cockatoos live?

BUMPER STICKER OF THE ISSUE

TODAY I WILL COMMIT ONE RANDOM ACT OF KINDNESS, WILL YOU?

Have you ever seen a clever bumper sticker on someone's car in front of you at the red light or fast food drive-thru and thought, "That's a good one"! Do you have one on your car that's worth sharing?! The newest addition to The CAT is quotes from Bumper Stickers! If you have one to share with our readers, please email it to tcatribune@gmail.com or call them in to 607-844-8228

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For Information Leading to the Return of This Lost Dog

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HOMEOWNERS INSURANCE INFORMATION

BECAUSE EVERYONE'S NEEDS ARE NOT the same, it is best to consult your agent to help assess your needs and find the insurance policy that is right for you.

What is Homeowners insurance?

Homeowners insurance provides financial protection against disasters. A standard policy insures the home itself and the things you keep in it.

Homeowners insurance is a package policy. This means that it covers both damage to your property and your liability or legal responsibility for any injuries and property damage you or members of your family cause to other people. This includes damage caused by household pets.

Damage caused by most disasters is covered but there are exceptions. The most significant are damage caused by floods, earthquakes and poor maintenance. You must buy two separate policies for flood and earthquake coverage. Maintenance-related problems are the homeowners'

Why do you need homeowners insurance?

It is really all about protecting yourself financially if something unexpected happens to your home or possessions. That's important because chances are your home is likely one of your largest investments.

If your home was destroyed by fire or damaged by a natural disaster, you'd need money to repair or replace it.

- If a guest in your home is injured, liability protection and medical coverage help pay
- If you are a victim of theft and vandalism, it can reimburse you for your loss or pay for
- If you are still paying for your home, your lender will require insurance.

It is important to know that homeowners insurance is meant to cover unexpected damage, not routine maintenance. Ask your agent to talk about what is covered and be sure to read your policy so you know exactly what's included and what is

Things to consider and questions to ask your agent

Here are few things to discuss with your agent that will influence your decisions.

- How much will it cost to rebuild my house and replace my belongings if they are damaged or destroyed? (Ask your agent to talk you through your home's features and the things you own so you can make an informed decision about coverage.)
- Does the insurance company have a good reputation for customer service? Is it known for paying claims fairly and promptly?



- · What discounts are available? (Ask about multiple policy, security system and fire resistance discounts.)
- What's the process for filing and settling a claim? (Ask who to call and what happens after you file a claim.)

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RANDMA'S PRETTIES WILL BE CELEBRATING their 5th anniversary on September 1 at 3 Railroad Street in Whitney Point! Due to Grandma's Pretties losing their storage space - they are having a 20 to 50% off inventory reduction sale! Take advantage of 20-50% % off! Sale continues until major inventory reduction is achieved. Browse through their PEZ dispensers, marbles, beads, buttons, models of vintage aircraft, 500+ dolls, 1,000's of earrings, vintage Boyd's Bears, furniture, glassware, paintings, Pyrex, jewelry, records, and a vast array of other items that are on display. No vendors or cosigners, the store is a one owner owned shop! Stop in to appreciate the volume of items! Something for everyone! Our





aisles need your help - come on in and buy the overage and take it home. Majority is 50% OFF!

Grandma's Pretties is open from 10am to 5pm Wednesday through Sunday and is closed Monday & Tuesday. You can reach Grandma's Pretties by calling (607) 862-9795, or stop in at the handicapped accessible store at 3 Railroad Street in Whitney Point: take a right on to Main Street by the Speedway station, and take a left onto Railroad Street before you reach the railroad tracks. Cash, checks, and credit cards are all welcome. View their website www.grandmaspretties.com Check them out on Facebook for updates! Worth a stop to see the forced sales and big discounts!

MIKE'S FISH TANK GOURAMIS

GOURAMIS ARE A FAMILY, OSPHRONEMIDAE. The fish are native to Asia, from Pakistan and India to the Malay Archipelago and north-easterly towards Korea. "Gouramis" is an example of a redundant plural. Gourami is already plural, in its original language. Many gouramis have an elongated ray at the front of their pelvic fins. Many species show parental care: some are mouthbrooders, and others, like the Siamese fighting fish (Betta splendens), build bubble nests. As labyrinth fishes, gouramis have a lung-like labyrinth organ that allows them to gulp air and use atmospheric oxygen. This organ is a vital innovation for fishes that often inhabit warm, shallow, oxygen-poor water. Giant gouramis, are eaten in some parts of the world. In Indonesia they are often deepfried and served in sweet-sour sauce, chili sauce, and other spices.

Canned, fried gourami are available in China, and throughout the world in oriental supermarkets.

Generally regarded as peaceful, gouramis are still capable of harassing or killing smaller or long-finned fish. Depending on the species, adult and juvenile males have been known to spar with one another. Aggression can also occur as a result of overcrowding. Gouramis can be housed with many species, such as danios, mollies,

silver dollars, barbs, corys and plecostomus catfish, but will often show aggression toward species with long, flowing fins like male guppies, and bettas.

Gouramis, particularly the three spot blue, opaline or gold and dwarf, are often kept in home aquariums. As labyrinth fish, they will often swim near the top of the tank. As with other tropical freshwater fish, an aquarium heater is needed. Gouramis will eat either prepared flake, live or frozen foods. Some species can grow quite large, and are unsuitable for the general hobbyist. The most peaceful of the gouramis are the honey,croaking,and most of the dwarfs, such as rainbow, powder blue, and red fire. The blues, opalines and golds are a bit more aggressive.

The pearl, chocolate and moonlight are larger gouramis and generally peaceful. Gouramis are a good choice as they are hardy and do not get sick very easily.



Pets A Plenty is located in the Blockbuster Video Plaza, Rte 281 Cortland, 753-9213. Open 7 days a week. We now have a website. WWW. PETSAPLENTY.BIZ. check it out. I post care sheets, coupons, new animal arrivals, contests and more. Any questions, email me at friskyy@hotmail.com



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AVE A PAMPERED PET ON board?! Make sure your vehicle is safe for your pampered pooch with new tires and a tune up from Ron's Body & Paint! Contact the auto body and paint experts - Ron's Body & Paint in Cortland for all of your automotive services at 362 Route 13 to schedule your appointment at the Cortland location 607-662-4543. Since 1989, Ron Stanley and family have been offering the absolute finest in contemporary automotive services at their one-stop vehicle service center in Marathon at 31 Cortland Street (607-849-6898) and both locations are providing the same great services Ron's Body & Paint has been known for.

Why would you ever need to call Ron's Body & Paint? Here are five reasons to call!



One: they're the biggest body shop in the area, and the place to call for body and paint work done using a state-of-the-art down draft paint booth and waterborne paint. Plus, you'll get

Two: they're a full-service center that handles everything from brakes, inspections, and oil changes for only \$19.95... 4-wheel alignments to deals like a 10% discount with the purchase of 4 tires.

Three: 24-hour towing for all vehicles, tractors, and heavy and light vehicles...complete with AAA roadside service.

Four: they have 28 years of experience, featuring mechanics who are all licensed.

Five: because they're a locally-owned business with 2 locations to serve you. That's Ron's Body & Paint, on Cortland Street in Marathon, and on Route 13, across from Elm Tree golf course in Cortland.

of course, your satisfaction is always guaranteed. ASK RON ABOUT A FREE LOANER CAR WHILE YOUR COLLISION REPAIR WORK IS DONE! Like them on Facebook! Or on the web ronsbodyandpaint.



UR POOL PREPPED FOR AUTUMN **WITH TARSON POOLS & SPAS**

Bu Shannon Muers



 \bigcirc ure, there are plenty of hot days left during the coming weeks in which you will still be able to enjoy your pool. But Labor Day will be here soon, and the kids will be returning to school, leaving us all asking, "Where did the summer go?"

While many of us in the Central New York region don't want to think about the advent of cooler temperatures, it does pay to think ahead, especially when it comes to fall and winter prep - like closing your pool. Schedule your closing now, so that you don't need to worry about it at the last minute, when the weather has already turned.

In business for 75 years, Tarson Pools and Spas has become a trusted and leading seller of pools and spas in Central New York. With seven different locations, Tarson Pools and Spas offers a large array of top of the line products, such as quality above ground pools and custom inground pools, state of the art spas, patio furniture, game tables, and pool accessories. Tarson Pools and Spas also offers a full service department to close your pool. It even holds a class in the fall for pool owners who want to learn how to properly close inground and above ground pools, including a review of the correct chemicals to add over the winter.

What sets Tarson Pools & Spas apart from its competitors?

One of the most important elements that Tarson Pools and Spas offers is proper insurance coverage. This is a big help to consumers.

"We often get calls from consumers with price comparisons from other pool retail and servicers who offer lower

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pricing," Bob said. "What consumers don't know is that the recommended installers are not always fully insured, which is a high risk to the homeowner. The most important types of insurance that are necessary to protect the homeowner are worker's compensation and general liability insurance. We carry these types of insurance, making our pricing a little higher, but adding immeasurable value for the consumer."

Tarson Pools & Spas also has trained and certified staff for service. "We have CPO certified staff," Bob said. "CPO is a New York State Certified Pool Operator class that our employees attend. They receive certification to acknowledge the build of the pool and both commercial and residential service work."

You can find all of your pool care needs when you visit Tarson Pools & Spas at its new location at 953 McLean Road (next to Doug's Fish Fry). For information about its other locations or to check out all that Tarson Pools & Spas has to offer, visit www.tarsonpools.com. And don't forget to call (607) 758-3550 to schedule your pool closing, now!



PETS A PLENTY OPENED IN 1989. Our goal was to give Cortland the best possible Pet Store. Over the years we have found the best places to get fish, animals, reptiles, birds and snakes. We also have learned a lot over the years, from our suppliers, breeders and our customers $% \left(x\right) =\left(x\right) +\left(x\right$ and we pass that info to you. My wife is also a graduate of Cornell and is an animal science major. We pass all of our knowledge on to you, so you can have the healthiest and happiest pet.



A lot of our animals are from local breeders and thus are quite tame. Customers are always telling us that we have the friendliest animals.

We sell a wide variety of animals and their supplies such as an assortment of different type hamsters, guinea pigs, bunnies, gerbils, tame rats, chinchillas, lots of different reptiles and snakes. We also carry feeder mice and rats in different sizes and we have crickets, mealworms and superworms. Frozen fish foods, we have brine shrimp and bloodworms.



Pets A Plenty has 60 tanks of different types of fish, all in clean clear tanks. We carry pond fish too.

If you need a tank kit or animal kit, we have those and if you buy a kit, you also get a discount off the animal. If you buy a tank setup, we give you free fish. New fish, animals and supplies come every week. Don't forget we carry all the supplies you need for your pet.

Treats, foods, toys, decorations, cages and more

This is the time of year our snake breeder brings us baby ball pythons, super tame and an assortment of morphs. Lemon blast, spider, super pastel, banana, Mojave, lesser pastel are just a few of the ones he brings us. and of course we have the normal color ball pythons too. All are priced very low.

We also have some beautiful birds in stock, a blue quaker baby, cockatiels, lovebirds and very pretty parakeets.

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We are located on Rte. 281 across from Tops Market, Cortland. Our actual address for your GPS is 3925 West Rd, Cortland.

Pets A Plenty is open 7 days a week. Monday noon to 7, Tues and Wed. $10\, til\, 6,$ Thurs, Fri, Sat, $10\, til\, 7$ and Sunday 2 to 6.

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Locally owned and operated, Willcox offers high-quality automobile repair and great tires at affordable prices. From brakes to air-conditioning to tires to fuel pumps, Willcox is your vehicle's one stop automotive supercenter. Celebrating our 31st year! Whether your vehicle is foreign or domestic, it doesn't matter to us – we can fix it! Stop by and see us today!

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- Used Cars

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PAST PEDDLERS ANTIQUES

Past Peddlers Antiques is happy to announce the near completion and reorganization of the upstairs of the barn. We have added four unique areas for your shopping or browsing pleasure.

Our new additional space includes a "bedroom", "dressing room", "kitchen" and "no- just-for-the-guys, tools and outdoors" area.

We've decided to begin our Fall merchandise soon, as well as a touch of Christmas, for all of our seasonal customers who close up camp and head home after Labor Day. This is not the





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NAVIGATOR – RTA PROGRAM: Full time position in a residential treatment center. Primarily responsible for intervening with families to facilitate the goal of family reunification and to work with the family to develop and implement a continuing care plan through supportive resources in the community. High school diploma, NYS driver's license, one year direct child care or child care supervisory experience required. AAS or bachelor's in related field preferred.

<u>SHIFT MANAGER - RTA PROGRAM</u>: Full time position in a residential treatment center. Supervise Youth Care Specialists and Awake Overnight Youth Care Specialists in the implementation of treatment plans and duties, as described in their job descriptions. High school diploma, NYS driver's license, one year direct child care or child care supervisory experience required. AAS or bachelor's in related field preferred.

SHIFT LEADER - RTA PROGRAM: Full time position in a residential treatment center. Assists in the supervision of Youth Care Specialists and Awake Overnight Youth Care Specialists in the implementation of treatment plans and duties, as described in their job descriptions. High school diploma, NYS driver's license, one year direct child care or child care supervisory experience required. AAS or bachelor's in related field preferred.

Full benefit package available. Apply online at: wgaforchildren.org; or send resumes to: The William George Agency, 380 Freeville Rd, Freeville, NY 13068 EOE. Fax to: 607-844-4998.

To download an application and for complete job description please see our website at: www.wgaforchildren.org

"Every kid is one caring adult away from being a success story" —Josh Shipp

McGraw Fire Department Antique Fire Apparatus & Car / Bike Show

At the Rec Fields on Clinton St. McGraw (Off Main St. / Rt. 4D



Sunday, August 26, 2018 (Rain date: Sunday, September, 9, 2018)

Co-sponsored by Leach's Custom Trash Removal and Cortland County Convention & Visitors Bureau

Email

Gates open at 8am

Early bird breakfast — Great food cooked all day!

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Mail to: McGraw Fire Department PO Box 717, McGraw, NY 13101
Questions: Ed Greenman 607–836–4263

09

norm, but looking forward to our summer folks finding a small reminder of summer to take home or share as a gift for others.

We have a limited amount of "camp, lake and beach" merchandise that we'll discounting to make room for the upcoming holidays. Stop in for a great deal on a little something to spruce up your favorite summer place!

Past Peddlers has always stocked a nice selection of depression glass, which we've decided to eliminate. If there is a certain color or pattern you collect, please let us know before we start our E-Bay liquidation.

Though our weather has been rather cranky this summer, we have found time to dig into some project pieces that have amassed in our wood shop. As such, we are adding to our selection of refinished and/or repurposed furniture. Among the "stash" we have found a jelly cupboard, some dressers, wash stands, small chest of drawers, numerous advertising boxes and more!!!!

Don't forget, there is always a little something for everyone at Past Peddlers, we aren't just antiques!!!!

We are located at 1319 Church Street, Willet, NY.....The Big Red Barn Behind the Willet Ball Field!!! Find us easily on Google maps. Open Thursday thru Sunday 10-5, all other days and times by chance or appointment. Call us at 607-345-8810. We offer lay-a-way for your convenience, and accept Cash, Check and Credit Cards. Gift Certificates are available, and make wonderful gifts! Dealers are always welcome!!!!

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THANK GOD 4 PAWS 2018

That's right...a Festival for Your Dog!

The countdown is getting closer for our $4^{\rm th}$ Annual "Thank GOD 4 Paws" dog festival and adoption event.

There is something for everyone, but especially our 4-footed furry friends. It's an afternoon of outdoor, free family fun.

Everyone's favorite booth is where you can make free Paw Prints of your dog and hand prints of your kids. We will also have dog training demonstrations with Q&A, vendors, music, food, games, raffles and more surprises along the way!

During our afternoon, the dogs who are looking for for-ever homes will be showcased and introduced to the public. A perfect chance to meet your future best friend. Each year we select a different Animal Rescue and donate 100% of the money we raise from the raffles.

The most entertaining is the Doggie Costume Contest; a wild, hilarious event with the winner choosing between a private consult or dog training classes with Bev Warner, owner of Good Dog Unlimited = \$130 value!

Our main event is the most memorable. We have a time when we focus on what a gift our animals are to us...the love, the lessons, and the bond that is shared. And each dog also receives their very own "Thank GOD 4 Paws" bandana keepsake to help remember this special day.

So if you are just coming for a day of fun with hundreds of dogs, looking to adopt, or bringing your own 4 legged buddy, we hope to see you and your friends on Saturday, September $8^{\rm th}$, from 1pm to 4pm at 1731 Rt. 13 in Cortland.

Contact us on Facebook or thankgod4paws@gmail.com if you have any questions.



CREATURE FEATURE THE MONARCH BUTTERFLY, BEAUTIFUL MIGRANT

ID YOU KNOW THAT SOME monarch butterflies travel thousands of miles to their wintering grounds in Florida, Texas, California and the Sierra Madre Mountains in Mexico? Depending on their range, they usually start their journey south in September. In the spring, there is a return migration north by the offspring or great offspring of those that migrated south the previous season. Incredibly, they know to follow the same migration routes as their parents and grandparents without any guidance. How the new generation of monarchs know where to go is a big mystery to scientists. You can help support monarchs by leaving stands of milkweed in your yard or along road edges (or plant some). Because monarch caterpillars feed entirely on the toxic milkweed plant, they taste bad to many predators and can even make these animals sick if they are eaten. Most birds and animals have learned to avoid them. The monarch's bold orange and black colors warn hungry creatures, "Do not eat!" An interesting fact: another butterfly, called the viceroy, has adapted over time to look a lot like the monarch, but it is not poisonous. However, most predators don't know that. This form of self defense in nature is known as "mimicry."

Article & Photo by Margie Manthey



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DELICIOUS ADDITIONS AT CORTLAND COUNTRY KITCHEN II

By Shannon R. Myers

TUST OFF OF THE EXIT 11 ramp of Interstate 81 entering Cortland, NY, amidst a cluster of chains and fast food restaurants, you can find the comfortable, locally owned eating establishment Country Kitchen II Family Restaurant, where you can rest your weary self and get a homemade meal.

Owned and operated by Doug Chidester and Carol Furgeson, Country Kitchen II is little sister to 34 year-old Country Kitchen of Whitney Point. The restaurant originally opened on Clinton Avenue, Cortland in 2010. It moved just around the corner to its current location in Riverside Plaza in 2016.

For 8 years, Country Kitchen II has served the Cortland community with fresh, homemade breakfasts, lunches, dinners, and desserts. Now, the restaurant has added some delicious new updates: a breakfast buffet and a salad bar!

The breakfast buffet is now available on Saturday mornings from 8 am to 12 pm, offering a wide choice of delectable breakfast options for a variety of different tastes. Guests will be able to choose from baked omelets, sausage gravy,

biscuits, breakfast sandwiches, pancakes, French toast, eggs, bacon, and sausage. A variety of baked goods such as muffins, doughnuts, and other pastries will be offered, as well. More health-conscious choices, such as fruit and yogurt, will be available, as well. All of this for only \$10.25! And kids 12 and under get special pricing of only \$7.25!

The salad bar is available daily from 12 to 7 pm. Just like the breakfast buffet, the salad bar consists of many delicious

salads including green salads with add-ons such as onions, radishes, tomatoes, cucumbers and more! You will find pasta salads galore, three bean, and ham salad. Fresh fruits, marinated sliced meats, and tempting desserts like chocolate pudding and chocolate cake will make your

mouth water. All of this is a great deal at \$5.00 with a meal and \$8.95 by itself! The salad bar will change every couple of days, but you are sure to find a plethora of fresh dishes that will satisfy your taste buds, as well as your appetite.

In addition to the new breakfast buffet and salad bar, Country Kitchen II Family Restaurant prepares a full menu of homemade breakfasts, lunches, dinners, and desserts, including specialty sandwiches, hamburgers, grilled dinners, pasta dishes such as lasagna and stuffed shells, and steaks. The restaurant has daily specials and a kids menu.

Doug and Carol's Country Kitchen restaurants are not affiliated with any Country Kitchen chains. Both the Cortland and Whitney Point establishments are independently owned, local, community businesses. Many of their family members help to run the Country Kitchen restaurants, including a daughter, daughter-in-law, granddaughter, and cousin.

At the Country Kitchen II, you will notice a white tree that is decorated to go with the current holiday. "We love to decorate for the holidays," Carol said. "We want people to be able to feel comfortable when they come here, like they

> are coming home." She said that she was going to take the tree down after several different holidays, but the

Enter as strangers

leave as friends

guests protested, saying that she should leave it up. Now, it has become a perma-holiday tree. "We do our best to keep our guests happy," she said. "We have a sign on the wall that says 'Enter as strangers, leave as friends', and that is our goal, here."

Huge supporters of community groups such as law enforcement and the military, the Country Kitchen has a discount for them, as well as a 10% daily senior discount. Doug and Carol are also willing to assist with local benefits

> and other community groups, when asked.

Open on Sunday and Monday from 7 am to 7 pm and from Tuesday through Saturday from 7 am to 8 pm, Country Kitchen II is a great place to eat if you want to escape the chains and fast food and

bring your family for a wholesome, sit-down meal. There is something for everyone among its reasonably priced menu items, including a kid's menu, and there is a take-out option available, also.

Stop in on a Saturday morning and fill up from the new breakfast buffet, or any other day to take advantage of the delicious salad bar dishes! Country Kitchen II is conveniently located just off of I-81 Exit 11, in the back of the Riverside Plaza on Clinton Ave/Route 13. Menu or take-out questions? Visit Country Kitchen 2 Cortland on Facebook, or give Country Kitchen a call in Cortland at (607) 756-2356, or Whitney Point at (607) 692-4952. Once you visit, you'll be sure to leave as a friend!





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- The supports and services DSAs perform depend upon the specific abilities of the person(s) being served and the nature of the setting where the activities are performed

Minimum Qualifications:

The minimum qualifications are taking a Civil Service exam, possessing a High School Diploma, GED or Direct Support Professional (DSP) Certificate, and a having a valid license to operate a motor vehicle in New York State and to meet physical, medical, and agility standards.

For more information:

Central New York DDSO Office of Human Resources (315) 473-6980

or CNY.JOBS@opwdd.ny.gov

NYS Office for People With Developmental Disabilities (OPWDD) Office of Human Resources Central New York DDSO, 187 Northern Concourse, North Syracuse, NY 13212

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CENTER LISLE DINER

Welcome to the Center Lisle Diner! It might not look like much from the outside, but looks can be deceiving. The food coming out of this kitchen is phenomenal, and that is coming from somebody that considers herself an (albeit amateur) foodie. I Google, Yelp and study restaurants and their menus, following them for sometimes a year (sorry Burger Mondays - Binghamton) before I step into their restaurant. I like to see good ones succeed (The Commons Kitchen - Ithaca) and when they don't, I'm sometimes heartbroken (The Knight Kitchen – Binghamton).

The Center Lisle Diner is different. This diner holds a special place in my heart. It has been open and closed, under new management then closed; under new management with a new name then closed again, repeatedly, over the last several years. A vicious and unfortunate cycle for this little diner set in the middle of farm land and the busy Route 79, carrying Ithaca College and Cornell University students and their parents from I-81 to Ithaca. It has been the Dudley Creek Diner, Crossroad diner and many in-between.

For the first time in 10+ years, the diner is back in the Gehm family, being ran by the daughter and granddaughter of James Gehm, the building owner. Jo and her daughter JoAnne are an amazing team! They are turning out some of the best BBQ Chicken, Cheeseburgers and omelets that I've ever had.

Sunday and Monday, the diner is open from 7am to 2pm, serving breakfast (till 11am) and lunch. Tuesday, and Thursday through Saturday, they open from 7am-8pm with a different dinner special every night. They are closed on

Tuesday they will be serving chicken and biscuits. Thursday is Spaghetti with homemade sauce and homemade meatballs. Friday is your choice of a Fish or Prime Rib dinner. Saturday is their delicious Chicken BBQ, where you can get 1/2a bird for \$7.50 or the dinner for just \$10.00, which includes your choice of homemade macaroni or potato salad, corn on the cob and a dinner roll.

Meals are very reasonably priced, with breakfast items coming with toast and coffee... \$3.29 for one egg to \$8.99 for the #1 selling 3 egg Garbage Plate omelet with ham, sausage, bacon, green peppers, onions, tomato and mushrooms. To complete the breakfast menu, they have pancakes, home fries, French toast, more than 5 different types of omelets as well

has the best Sausage Gravy and Biscuits I've had this far North of the Mason Dixon. Apple/Orange/Tomato juice or coffee and tea, both with decaf available. Did I mention that most everything is homemade?

Their lunch/dinner menu has 8oz hand formed hamburger patties on a Kaiser roll with French Fries or chips for just \$6.99. For less than \$2.00 more, you can have a Bacon Cheese Burger with crispy bacon and warm melted cheese. They also have sandwiches, salads, hotdogs and a cold plate for those hot summer days. Their BLT is the perfect amount of crispy bacon, juicy tomato and fresh lettuce on toast with just a touch of mayonnaise. All burgers and sandwiches come with hand cut French Fries or chips.

Last but not least, for those with a sweet tooth, they have homemade pies, muffins and...ICE CREAM! Both soft serve (chocolate, vanilla, twist) and hard (chocolate, vanilla, strawberry with cream). Smalls are \$2.00, Med \$3.00 and Large is \$4.00. Milkshakes are \$3.50.



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All Clinics 7:00-9:00 p.m.

2018 FALL CLINICS

- Newfield School Bus Garage Wednesday Sept 26
- Groton Fire Station Thursday Sept 27
- Caroline Highway Garage $Wednesday\ Oct\ 3$
- Trumansburg School Bus Garage Thursday Oct 4
- Ithaca Central Fire Station Wednesday Oct 10

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DEER RUN FARMS APPLE ORCHARD & RETAIL STORE

is located at 2695 Route 11A, LaFayette, NY, one block north of the popular LaFayette Apple Festival location held on Columbus Day weekend. We are open seasonally from mid- August to mid- December. This year we will officially open on Saturday Aug. 18th. We are open 7 days a week from 10am-7pm and are handicap accessible.

At Deer Run Farms you will find 11 apple tree varieties that grow tall and wide, giving you the experience of being out in nature surrounded by a beautiful scenic valley view and not standing in rows of commercially planted dwarf trees. Our orchard offers over 20 scenic acres of U-Pick Apples. We added an additional 500 trees to our U-PICK Orchard this year including Fuji, JonaMac, JonaGold, and Gala.

Deer Run Farms also offers in season bagged apples in our retail farm market store along with homemade pies, desserts, local honey and syrup, homemade jams and jellies, local NY cheeses, homemade candles, lotions and soaps, country antiques and gifts, and saving the best for last...the **ORIGINAL Apple Fritter!!!!**

Our Apple Fritter recipe dates back to the 1970's and our customers say it's the **BEST!** Our fritters are made to order and served **EVERYDAY**.

We offer numerous specials and sales throughout the season. Our website (www.deerrunfarms.webs.com) is updated daily with the current varieties available to pick and the varieties that are ready to purchase already bagged in the store. Check us out on Facebook too!

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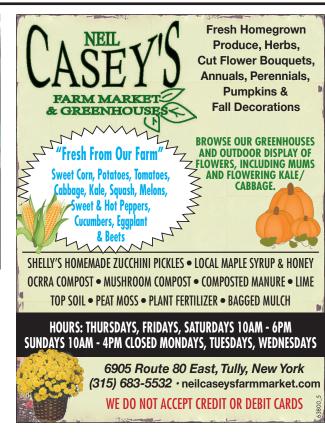
Deer Run Farms is a great place for field trips, school groups, senior groups, and car clubs! Many of our customers consider us a family tradition. Start yours today! We hope to see you soon.





NATIONAL DOG DAY SUNDAY, AUGUST 26

National Dog Day is the original and only dog holiday to celebrate ALL dogs mixed and pure and encourage adoption on AUGUST 26th. This day encourages dog ownership of all breeds and embraces the opportunity for all dogs to live a happy, safe and abuse-free life. Dogs give us companionship; they keep us safe, and they aid those in need. NationalDogDay.com









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Should I spay/neuter?

There is a lot of controversy right now about spaying and neutering dogs. Do it or not? At what age? Removal of reproductive organs or just sterilization? These are questions you will need to research and speak with your regular veterinarian about. Whatever you decide PLEASE be responsible!! There are not enough homes....

For cats, on the other hand, there is no question in my mind! I am not aware of any research that shows detrimental effects of spaying and neutering cats, even as young as 3 months of age. There are SO many cats and they are SO prolific. Uncontrolled breeding leads to over-crowding, disease, suffering, death. Let's break this cycle and spay and neuter our cats early!!



LOST DOGS OF THE FINGER LAKES

Our mission at Lost Dogs of the Finger Lakes is to help the lost become found. Recently, I spoke with a wonderful woman who had found a dog. We posted the dog on our page and while the owner was found and positively identified in a

matter of a few hours, it was not before the finder received a handful of calls from other people professing to be the dog's owner. One caller even claimed to be the neighbor of the owner but when questioned, couldn't give simple identifying

But there are lessons here, and ones that we need your help in sharing far and wide. People with bad intentions for our beloved pets are watching our page and others like it. They also ride the roads looking for pets that aren't secured or being monitored. They are attempting to steal dogs or claim dogs that are not theirs and the reasons why are all bad; dog fighting, selling to labs for testing, adding to their hoarding collection, flipping...it's an endless and terrifying list.

What can you, as the finder or owner, do? First and most importantly (as we've always preached) call your local Dog Control Officer (DCO) and file a lost or found report. Calling your DCO is not optional - it is a legal requirement. This report helps you and helps your dog. It creates a legal paper trail that will help to identify your dog when found or will help to prosecute someone who may have found your dog....and kept them.

Second, this is for you the finder, when an individual calls or arrives to claim ownership, insist on proof. Ask for vet records, licensing documentation, or even photos. If the individual claiming ownership cannot show proof, call your local police department or DCO right away and let them sort it out.

Third, and this is for you the owner, make sure your dog is licensed and wearing their tags. This registration is required by law and serves as proof of ownership and is a vital link to getting your dog safely home should they ever become lost.

What can we, as a community, do? We can educate about the role of our DCOs and the importance of licensing. We can make sure that we're aware of the dangers out there for these dogs and protect them with everything we do. Thank you to all who share our posts...you've saved countless lives.

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August 15-28, 2018

Meditation is a bridge of experiences – linking your inner world and your outer world, and integrating all of You back into 'YourSelf'

Yet, if you are trying too hard to 'control your thinking', or sit up straight, or follow a breath or mantra without interruption, you may get frustrated and miss out on some of the inherent benefits of meditation. We hear the following misconceptions regularly;

MYTH; 'I can't meditate because I've tried but I can't stop my thinking.

MYTH; 'I've heard there's really a 'best' way to meditate; upright position for 20 minutes, twice a day.'

MYTH; 'My mind is just too 'monkey mind', so I guess it's not for me'

MYTH; 'Meditation means the mind is really empty'

MYTH; 'Meditation isn't exactly 'Fun', it's something you're supposed to do, like daily greens and exercise'

Meditations can involve breath, sound, movement, touch, smell or taste. Meditation can be practiced indoors or outdoors. Standing up, lying down, or sitting in any position.

Meditations can last a few minutes or longer. Meditation can feel wonderful, and can feel turbulent at times – both are part of the process, and welcomed.

Whatever you welcome into your meditation, and offer your kind attention to, becomes transformed.

"Meditation is a great gift to give yourself. It is a way to experience a higher quality of life just by going inside yourself and touching your center for a moment. It is a brief retreat from the world that lets you re-enter the world with a more vivid presence

Meditation is about being intimate with your deepest self. Any sense of formality, any sense that you were doing a technique that comes from outside of yourself interferes with this necessary closeness.

Meditation is not one monotone mood of reverence, nor is it only irreverence. It is a wide open embrace of every possible mood, emotion, and current of your being: that is meditation's simplicity."

—Lorin Roche

Written by Daniela Hess, YogaFarm Director, Counselor, and Radiance Course Educator. For more information about meditation & self care practices, visit www.YogaFarm.us.

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BIKING WITH YOUR DOG

DO YOU MOUNTAIN BIKE? Do you have a good friend that watches you pull out the driveway as you leave for your ride? Your dog can also enjoy the fun and benefits of being in the woods or on trails as well. Dogs have a lot of energy and require exercise just like you or I. Depending on the type of dog you have will determine the extent of running he can do. Most medium to large size dogs from the hunting or working class groups (or a combination thereof) do well with biking. Obviously a little dog with short legs will have a tough time trying to keep up. If you have a four legged buddy you want to take out on the trail for the first time it would be a good idea to talk to your dog's veterinarian about what you have in mind for him. It is important that your dog can deal with the rigors and intensity of a trail run. Mountain bikes can move right along at a good pace and cover many trail miles.

If the dog is just a puppy, it's recommended to leave him home until he is least 6 months old. After he has gotten a little older, start your first slow and short ride someplace where you can work out the little details. Dogs are instinctively pack animals and if you lead they will follow. Since he will be off the leash for the ride/run he needs to know a few important commands. The most important ones are "stay" and "come". Control of Fido is very important because of all the distractions on the trail. Distractions come in many forms, such as other people and possibly their dogs, horses, deer and vehicles. If you start your ride from spot near a busy road, it might be a good idea to keep him on a leash until you are ready to leave for the ride.

I have found another good way to break him in is to take him on a group ride with other well behaved dogs. He will most likely be so excited to

be in the woods, around you and the other dogs that he will follow without question; again it's the pack idea.

Before you hit the trail you should have a checklist for Fido.

Your list should include a water bottle just for him, a leash, and some first aid supplies and maybe some treats to lure him back when he strays (cut up hot dogs in a baggie worked for me).

So, you and dog are headed down the trail, now what? Well you'll find that while you are following some kind of trail, your 4-legged buddy will be running from one side of the trail to the other, smelling all those scents that drive dogs nuts. Some dogs can put on half again as many miles as the rider, so keep that in mind when watching your mileage because he will have more. Most dogs will want to be out front, but because of their sniffing, they may lag for a few seconds and then come charging up thru. It's important for you to hold your line, because that is what the dog is expecting. A few things that the new trail dog must learn and that is to stay away from the bike's front wheel or even stopping in the middle of the trail, not good. Usually if you shout "Go!" works, but sometimes a collision happens. Both you and the dog need to be alert and aware of what is going on. Sometimes a friendly low speed bump from your front wheel to the dog's rump or tail can quickly bring this point clear. A few applications of this can burn it into his mind. An ounce of prevention is worth a pound

There are some young dogs that have so much energy or get so excited when they get out on the trail that controlling them can be a real handful if not near impossible. You need to evaluate the excitable boy or in our case the Crazy Daisy. She has not given us the confidence to just let her run, until then we keep working with her on a 30ft lead. We have had great luck with our last two trail huskies but this one needs more attention before she can go free. The last thing we want is for her to take off on us and end up lost.

Some people I have talked to have had good luck with training collars for dogs "off leash" in the woods. Some people don't like them but if done properly they can keep the dog with you, safe and sound. With something like this it requires time and work but it may be the best way to train a stubborn dog.

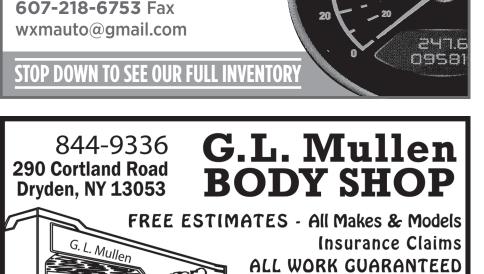
Mountain biking with your dog can be a challenge, but patience and time will make it worth the effort. Just remember, that it will be difficult to pull out the driveway without taking your riding buddy along. If you are a cross country skier, this same kind of fun can continue when the snow flies.

Happy trails to you!

Part time person with driver's license to work, doing masonry work and house jacking. From \$12-\$15/hour. Call Ron 345-487-3304







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GROTON OLD HOME DAYS 2018 AUGUST 23RD, 24TH & 25TH

This year's festival will be a 3 day celebration. Groton has been proudly celebrating Olde Home Days for over 100 years, attracting thousands of people!

Local businesses will be holding sidewalk sales, giveaways and free entertainment, such as, Wild Life shows, Magicians, barbecues, Groton Public Library Book sale and more. There will be a huge Groton Historical Craft and Collectables show this year on the Boulevard Saturday 9am to 5pm. We are holding a car show with the help of the Groton Family Cruisers Club. The car show will take place on Saturday on the Boulevard from 10AM to 1PM with \$100 cash prize to

A family friendly, old fashioned carnival "Playland Amusements" will join us again this year with the midway opening at 6PM on Thursday, Friday, and Noon on Saturday. This will be Fun for the entire family, with rides, games, and classic carnival food. Also new this year will be CirqOvation with The Superstar Supershow on Saturday in the lot on Main St near the new pavilion. CirqOvation will be doing 2 Spectacular Superstar shows for everyone to enjoy. Showtime's: 3PM & 7PM. You gotta check them out.....This is going to be SUPER COOL!

Free Music Entertainment Linup

- Thursday: 6:30 The Olde Timers Band (Groton Legion)
- Thursday: 7-10PM Open Mic w/Logan Wannell
- Friday: The Tarps 3-6PM & Karaoke DJ Anthony 9PM-1AM (Farrell's)
- Friday: 8:30 11:30PM -Tribal Revival (Groton Legion)
- Saturday: 7PM -Pittsford Marching Band

(Groton Legion)

- Saturday: 8:30 11:30PM Ten Man Push (Groton Legion)
- Saturday: 9-12PM Music Raised on Radio (Farrell's)

We have so much more exciting activities and free entertainment planned throughout the village Including Cayuga Nature Center, Cornell Raptors, Physics bus, Ross Park Zoomobile, Sir James Magic and Balloon Art, Silly Lilly Puppet Show, Pony Rides, a Petting Zoo, and Wagon rides. Lots of food and free family entertainment planned for this 3 Day Event, with the Grand Parade Saturday at 6pm.

You can find the entire map of events in The Shopper on 8/21. Make sure to visit "Groton Olde Home Days" on Facebook... and visit our website (www.grotonoldehomedays.com) Email: Grotonoldehomedays@aol.com

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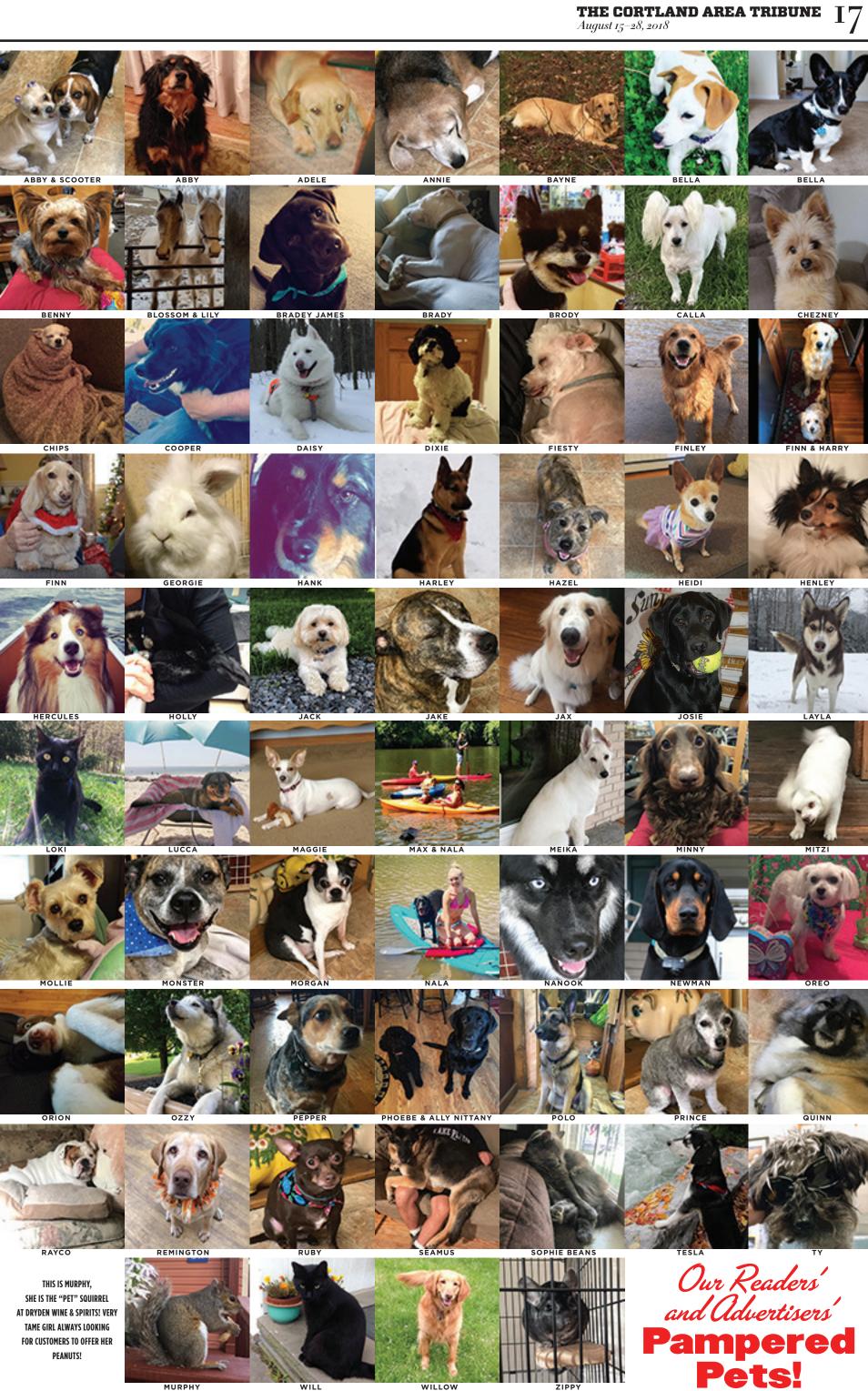
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served. The address within or without this state to which the Secretary of State shall mail a copy of any process against the limited liability company served upon him or her is: Coroporation Service Company, 80 State St. Albany, NY 12207

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August 18 – Chicken BBQ

The Varna Methodist Church located on Route #366 will host a chicken barbecue from 11;30 till gone. The dinner will consist of one half of a chicken, macaroni salad, baked beans, roll and brownie for \$10,00 for a full dinner and \$6.00 for a half. Carry outs

August 19 – PorchFest Cortland

12PM to 6PM Van Hoesen St, Cortland The fun starts at noon on Sunday, August 19! Enjoy local bands, crafts, storytelling and activities for the whole family! Free-will donations gladly accepted to support the Cortland Youth Bureau's music program and a Suggett Park playground initiative. Check Facebook page for updates. PorchfestCortland

August 22 – Forum on Farms in Crisis

Are our farms in crisis? How do farms contribute to our local economy? Is there something we can do to help farms survive?

For a discussion of these questions and more, come to Farms in Crisis at Cornell Cooperative Extension, Madison County, 100 Eaton Street in Morrisville, NY on Wednesday, August 22 at 7

Speakers include Corinne Banker, partner of Blue Hill Farm; Sarah Ficken, Cornell Extension Cooperative Agriculture Educator; Corey Mosher of Mosher Farms and Stefan Lutter from the Madison County Planning Office. Your questions are welcome.

Light refreshments will be provided.

This forum is sponsored Cornell Cooperative by Extension of Madison County, Thomas' Episcopal Church in Hamilton, NY and Madison-Chenango Call to Action.

August 23 - Norman Rockwell & the Camera

to 7PM Cortland Free Library 32 Church St, Cortland Hosted by Cultural Council of Cortland County Did you know that Rockwell worked with a professional photos and staged scenes to create his work? Every change between the two was intentional. Join us for this FREE eye-opening discussion by local artist David Beale as he shares about Rockwell's romance with the camera. The evening will include side-by-side comparisons of photos and the finished artwork, and is a great opportunity for those planning to attend our bus trip to learn more about Rockwell and his work.

August 23 – Stamping for Food

There will be a "Stamping for Food" event at Harmony UM Church on from 6:30-8:30pm. We are located at 726 Route 221 in Harford, just 6 miles south of Dryden. Everyone will get to make a ready-to-hang framed 3D picture, and a greeting card. There is a cost of \$25 involved and \$10 of the cost will go to Harmony Helping Hands Food Pantry. There will also be refreshments and free raffle prizes. Come enjoy a night out making a beautiful wall hanging and help our food pantry. Call to pre-register Sharon at 299-0553 or Melinda at 844-4269 so we have enough supplies. Our Sunday morning worship service time has changed to 9:00am. We would invite you to come meet our new pastor, Robin Blair. Our church is handicap accessible through the ramp entrance. Refreshments following the service. All are welcome.

August 26 – Richford Jamboree

11am- 6pm Rawley Park, Richford Music, food, raffles, 50/50 \$2.00 per person or 1 non-perishable food item.

September 9 – Sunday Night Alive

Every 2nd and 4th Sunday evening of the month (except August) from 6-7 pm at the McGrawville Baptist Church in McGraw, NY. Sing with the SNA praise band and hear an encouraging word. More details on Facebook. Bring a friend to this upbeat evening service that honors Jesus

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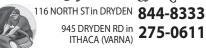


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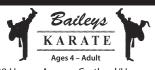
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2	1	4	5	3	6	7	8	9
3	8	7	2	9	1	5	4	6
9	6	5	8	7	4	2	1	3

THIS ISSUE'S TRIVIA ANSWERS

1. 42

2. Chihuahua

3. A kindle

4. More than 75 years

Please visit these fine establishments, a small selection of the hundreds of $businesses\ that\ receive\ our\ papers, for\ a\ copy\ of\ The\ Cortland\ Area\ Tribune:$

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WORD FIND

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